

NEWS RELEASE

FOR IMMEDIATE RELEASE

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2012 NATIONAL PREVENTION WEEK

SUFFOLK, Virginia (May 22, 2012) The Suffolk Substance Abuse Youth Council, in partnership with Western Tidewater Community Services Board, is recognizing National Prevention Week, May 20 - 26, 2012.

The *National Prevention Week 2012* theme, "*We are the ones. How are you taking action?*" asks individuals and communities to reflect on what they can do to prevent substance abuse and promote mental, emotional, and behavioral well-being. This theme highlights the fact that everyone can play a role in prevention by making changes – big or small – that promote a healthy lifestyle at home and in the community. In particular, *National Prevention Week* aligns with two priorities included in the National Prevention Strategy, Preventing Drug Abuse and Excessive Alcohol Use and Mental and Emotional Well-Being.

Each weekday of *National Prevention Week 2012* will focus on a suggested behavioral health topic. The Suffolk Substance Abuse Youth Council and Western Tidewater Community Services Board are promoting the following themes throughout this week.

- Monday, May 21 – Prevention of Underage Drinking
- Tuesday, May 22 – Prevention of Prescription Drug Abuse and Illicit Drug Use

- Wednesday, May 23 – Prevention of Alcohol Abuse
- Thursday, May 24 – Suicide Prevention
- Friday, May 25 – Promotion of Mental, Emotional and Behavioral Well-Being

Substance Abuse Youth Council members and staff from Western Tidewater CSB will be providing information to the public in the lobby of Suffolk Department of Social Services, located at 135 Hall Avenue, **Tuesday through Friday, May 22nd – May 25th.**

For more information, contact Jennifer Branham, at 514-4503 or email at jbranham@suffolkva.us.

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